## Sample Feeding Assistant Quiz (To be used by Facility as a pre-test or post-test, if desired)

1.	Meal time is an opportunity for social interaction for a resident: True False					
2.	One way to promote resident dignity or resident rights while feeding a resident is to allow resident to make choices about the food he/she eats. True False					
3.	It is not necessary to verify that the resident has the correct diet: True False					
4.	All residents eat at the same pace: True False					
5.	Communication through hand movements (gestures), facial expressions, eye contact, and touch is known as body language: True False					
6.	<ul> <li>A clear liquid diet is a diet that allows:</li> <li>a. Cereal, pasta, rice</li> <li>b. Meat, vegetable, bread, fruit, milk</li> <li>c. Water, gelatin and popsicles</li> <li>a. None of the above</li> </ul>					
7.	A resident should be encouraged to do whatever he or she is able to do related to feeding one self: True False					
8.	A person who is lactose intolerant should avoid which of the following type of foods: <ul><li>a. Meats</li><li>b. Margarine with animal fat</li><li>c. Milk and milk products</li><li>d. Citrus fruit</li></ul>					
9.	A resident does not have the right to refuse to eat: True False					
10.	A resident on a blended diet would receive all of the below except:  a. Applesauce  b. Pureed-type foods  c. A cookie  d. Cooked cereal					

## Sample Feeding Assistant Quiz Page 2 Normal swallowing is a very simple process: True False 11. Older people are not at risk for swallowing problems: True False 12. 13. Coughing while eating or drinking or very soon after eating or drinking and multiple swallows on a single mouthful of food are two common signs of swallowing problems: True False 14. Aspiration is best described as: a. Choking b. Food or liquid going into the airway "down the wrong pipe" c. Strangulation 15. As one gets older, choking deaths: a. Decrease b. Stay the same c. Increase 16. Grabbing the throat with the hands is the Universal Sign of choking. True False 17. If there is a concern about the resident, no matter how minor, your responsibility is to: a. Finish feeding the resident b. Notify the nurse immediately c. None of the above 18. If a resident is choking or choking is suspected, the first thing to do is: a. Call the nurse immediately b. Feed the resident slower and watch the resident for further symptoms c. Slap the resident on the back 19. While feeding a resident, you drop the spoon on the floor and pick it up. The first action for you to take is: a. Get another spoon b. Wash your hands

c. Wipe the dropped spoon off with a napkin

Sample Page 3	e Feeding Assistant Quiz:						
20.	It is not necessary to wash your hands when you first report for duty to feed a resident:  True False						
21.	A resident who is blind or has poor vision does not need to be informed of what food items they are being fed: True False						
22.	The Heimlich maneuver (abdominal thrust) is used for a client who has:  a. A bloody nose  b. A blocked airway  c. Fallen out of bed  d. Impaired eyesight						
23.	A resident refuses to wear a clothing protector at lunch. The nurse aide should: a. Tell the resident that he/she must wear it b. Put the clothing protector on the resident c. Report this to the nurse in charge d. Respect the resident's wishes						
24.	Serve food to the resident in the order you prefer: True False						
25.	You (feeding assistant) should encourage the resident to eat as much as possible:  True False						
26.	You (feeding assistant) should not interact with the resident while assisting with feeding:  True False						
27.	If the resident's food is too hot, you should blow on it to cool it down:  True False						
28.	Do not mix foods together unless a resident asks: True False						
29.	Feed residents in a manner as close to normal as possible to preserve their dignity:  True False						

## Page 4 30. Dehydration is a serious condition that can occur if a resident does not have adequate fluid intake: True \_\_\_\_ False \_\_\_\_ 31. Factors that affect a resident's eating: a. Cognitive abilities and/or state of health b. Likes and Dislikes, Culture and/or social situations c. Ability to chew and swallow d. All of the above 32. A therapeutic diet is a special diet that is a treatment for a disease or condition: True False Mealtimes should be a pleasant dining experience: True \_\_\_\_ False \_\_\_\_ 33. 34. Environmental factors do not influence the dining experience for the resident: True \_\_\_\_ False \_\_\_\_ 35. The resident always wants to eat dessert first and then doesn't eat the rest of his/her meal. The Feeding Assistant should: a. Encourage resident to eat more nutritious foods first b. Encourage resident to save dessert until last if possible c. Protect resident's rights and allow resident to eat food in order of his/her preference d. All of the above 36. The resident is on a NCS diet. This means he/she should avoid: a. Salt b. Sugar

Sample Feeding Assistant Quiz

c. Milkd. Meat

37.	If the resident tells you she does not like the pie that is served for dessert tonight, what should you do:  a. Offer to get a substitute.  b. Say you're sorry but you can't do anything about it  c. Ask other residents if they would like to trade another food item for her dessert  d. Suggest that she try it anyway because it might be better than she thinks
38.	To monitor a resident's fluid intake accurately, you must know the capacity of common fluid containers (glasses and cups)used in your facility: True False
39.	Residents will understand you better if you:  a. Talk very loudly  b. Talk very slowly  c. Use sign language  d. Speak clearly and slowly
40.	You can promote good communication with a resident with a hearing impairment by turning your back to resident, by standing far away from resident, and by speaking softly. True False
41.	A resident, who is recovering from a stroke, has difficulty putting his/her thoughts into words; the term for this problem is:  a. Anoxia  b. Aphasia c. Anemia d. Ataxia e. Anorexia

Sample Feeding Assistant Quiz
Page 6

42.	Show respect for residents by calling them by their title and surname (last name or family name) unless they request otherwise: True False					
43.	Sitting down and looking at the resident shows you are listening when they are talking.  True False					
44.	The resident is on a NSP diet. This means he/she should not receive salt on their trays and do not receive foods containing a lot of sodium: True False					
45.	Facilities have different ways of recording the amounts of food a resident eats; you should learn how the facility estimates and records the amounts and follow facilities procedures:  True False					
46.	Important observations or changes in a resident while eating that need to be reported to charge nurse:  a. Resident has trouble using silverware and needs more help with meals than normal b. Resident having to swallow 3 or 4 times after each bite c. A sudden change in the amount of food the resident eats d. All of the above					
47.	A Dietary supplement is a concentrated form of nutrition given to a resident to replace their meals: True False					
48.	Communication is the exchange of thoughts, messages, or ideas by speech, signals, gestures, or writing between 2 or more people. True False					
49.	Cultural & religious beliefs may affect:  a. The types of foods eaten  b. How the food is prepared  c. When foods are eaten or avoided  d. All of the above					
50.	The key to good hand washing is adequate soap, water, and friction: True False					

## Answers - Sample Feeding Assistant Quiz

- 1. True
- 2. True
- 3. False
- 4. False
- 5. True
- 6. c.
- 7. True
- 8. c.
- 9. False
- 10. c.
- 11. False.
- 12. False
- 13. True
- 14. b.
- 15. c.
- True 16.
- 17. b.
- 18. a.
- 19. b.
- 20. False
- 21. False
- 22. b.
- 23. d.
- 24. False
- 25. True
- 26. False
- 27. False
- 28. True
- 29. True
- 30. True
- 31. d.
- True 32.
- 33. True
- 34. False
- 35. d.

- 36. b.
- 37. a.
- True 38.
- 39. d.
- 40. False
- 41. b.
- 42. True
- 43. True
- 44. True
- 45. True
- 46. d.
- 47. False
- 48. True
- 49. d.
- 50. True